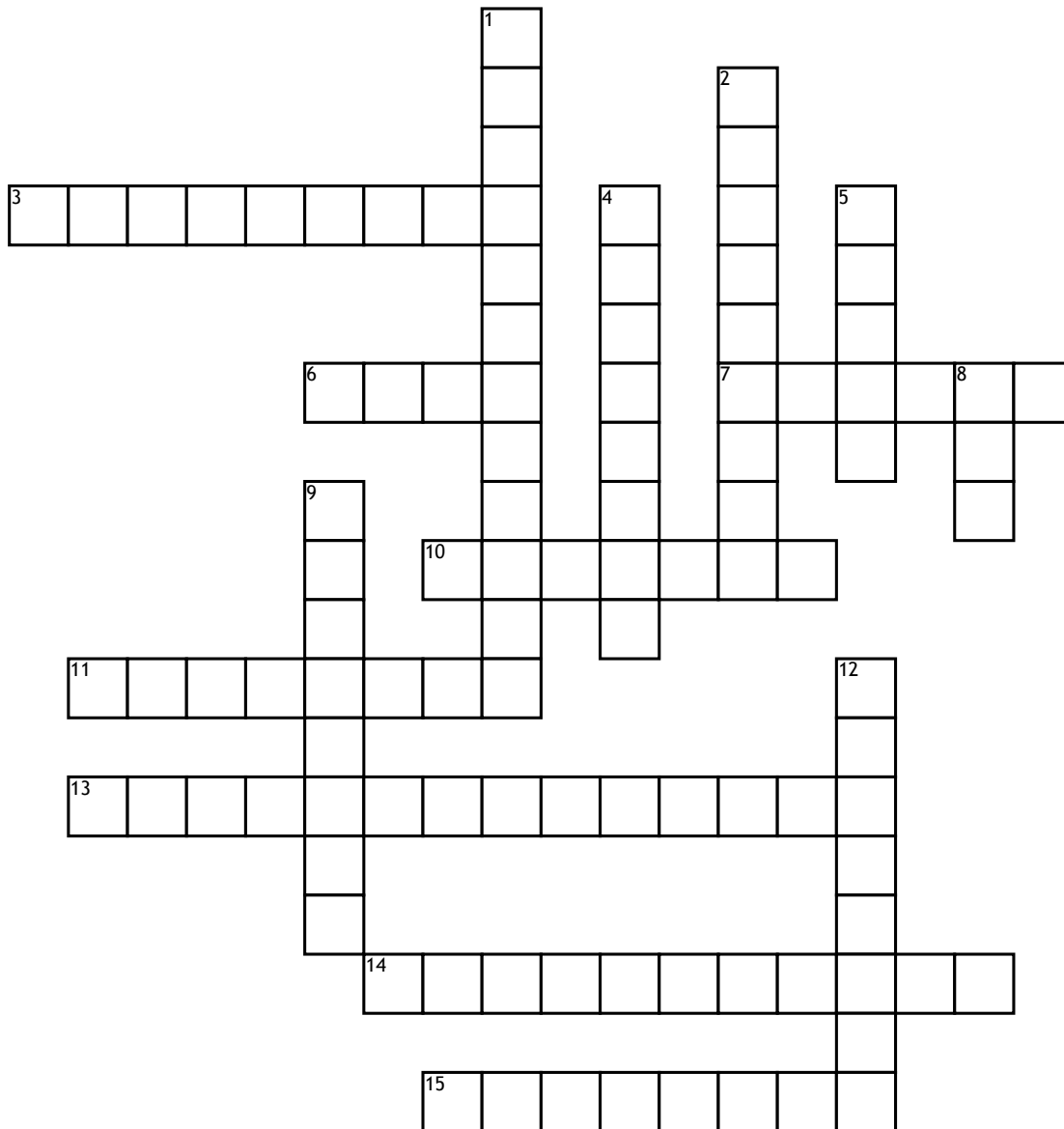


Name: _____

Date: _____

Tracking Fitness



Across

3. 0.621 miles.
 6. Physical, mental and spiritual practice that originated in ancient India.
 7. The body needs this to exercise efficiently.
 10. An area of your body which will improve with more exercise.
 11. Activity involving movement through water.
 13. System for transporting oxygen and nutrients around the body.

14. Travelling over a significant gradient on foot (4-7).

15. Over time you will be able to see this.

Down

1. At least one foot must be in contact with the ground at all times(5-7).
 2. Can be curled and pressed to increase muscles mass.
 4. Rhythmic jumps over a rope.
 5. A muscle found on the upper arm.

8. Indoor space to train and improve fitness.

9. Large competition which contains sports and athletes from around the world.

12. Combines rhythmic exercise with stretching and strength training routines.